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SPOKE

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Notting away the stress
Students enjoy managing and social. Page 8

WEDNESDAY JANUARY 23, 2013

CONESTOGA COLLEGE, RITCHIEVILLE, ONT.

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3RD YEAR - 101

CJIQ takes on the world

By **SHARLA OFFEN**

First, CJIQ conquered undercurrent Ontario. What's next? The world. CJIQ FM, the Conestoga College radio station, is now streaming live online. That means you can pick it up any where you have a computer hooked up to the Internet.

"Anyone can have an opinion about the world now," said Andrew Shephard, a second-year radio broadcast student and CJIQ news anchor. "It's great to be part of that."

"You can listen to us any where," said Mike Thurnell, program director of CJIQ. "The Internet, wherever, are everywhere. If you go to the main page you'll see a listen live link. You can click on that and hear us. There's also options to listen through other social media, such as YouTube, Windows Media Player, Windows, etc."

There is a great lay forward, but also a big necessity. CJIQ plays music that comes to people from 16 to 24 years of age. The preferred method of listening for that age group is often live streaming.

Send Thurnell, "We're here getting music on a daily



Photo by **SHARLA OFFEN**

James took shots. His client is an auto repair on CJIQ, represented by his radio equipment including two computers to a radio line.

been asking when we're going to do it, so we've finally doing it."

Over here, only been streaming since the end of November, so the audience

hasn't noticed much difference in the management has, however.

"Already we know that we've got listeners that are tuning in from all over Ontario," said

Thurnell. "From British Columbia, Alberta. I had some listeners from Halifax. We have listeners in France, Great Britain, the Ukraine." Vancouver Mountain that mentioned New Zealand.

"For me it's great that some truly members from outside our broadcast range can tune in and listen," said Shephard.

CJIQ will be celebrating its 10th anniversary this month. It was launched as a college radio station, with a mandate at "for the students, by the students." Music was only played and speaks to campus.

Over the years that mandate changed. It is now a public radio station, licensed by the CRTC, with the broadcast going to the St. Michael's, Port Dover, Woodstock, and Sheshegan. It has become a big workshop for students in the broadcast radio and journalism broadcast programs to allow them to work in a professional environment while on campus.

"So they get real-world exposure to a radio station, get people listen to," said Thurnell. "It's a public station that is designed to be profes-

sional."

During the daytime CJIQ focuses on current with music, news, and the morning and weekends their music selection becomes more eclectic.

"We play some local stuff," said Shephard. "We have a lot of specialty shows in the evening. We have the acoustic show. We have the punk show. I do my own program one night show. A couple period shows, Classical music. We have a Polish show. Its rare someone from around the world who might listen to different types of music can tune in online."

Not only can CJIQ reach the world, but the world can also reach CJIQ.

"We have a Facebook page," said Thurnell. "That is the first way that the audience had to get back to us. The second way was the Facebook community, interacting with the letters we. We also, of course, have email. The website CJIQ FM has links."

The managers have

received an other donation.

"Dad's doesn't matter on your computer," said Shephard. "While I was not my brother I listened to my Facebook. It's cool."

Kitchener library gets a new look

By **SHARLA OFFEN**

Three past fall, reconstruction began on the Kitchener Public Library as part of their 140 million project to renovate all three floors of the library located at 50 Queen St. N.

Along with construction of a new 25,000 square foot addition on the back of the building, there will be a 412 square, three-level, underground parking garage.

The renovation and expansion project is much needed as the library was originally built to serve a population of 50,000 people, but Kitchener has a growing population of 200,000.

According to the library's

website, new lighting, "The renovated and expanded Central Library will provide much needed space for our current collections and more text, and enable us to accommodate for future growth. In keeping with our increasing environmental concerns, our new building will also be constructed to the highest standards of energy efficiency."

The building is remaining open during construction. Parking behind the library is closed, but, pay-and-display parking is available at the adjacent Centre for the Square lot and there is an street parking.

The project completion date is January 2015.

WILL DANCE OUR WAY TO A HEALTHY LIFESTYLE



Photo by **SHARLA OFFEN**

Healthy Student Week was held from Nov. 20 to Dec. 1. Students used a variety of more interactive classes to help and encourage healthy living among students. From left, Aerobic fitness, Zumba Shephard, Sandy Shantz and Michele Lopez, fitness professionals between students, demonstrated the student body with the W! Fit dance class. For story and more photos see Page 8 and 7.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you were a Disney character,
who would you be?



"Darth, because he's awesome."

Robert Cardillo,
first year
general info tech student

"The Beast from Beauty and the Beast, because I'm ripped on the inside but gross planning in the inside."

Jimmy Cardillo,
first year
public relations



"Ariel from the Little Mermaid, because I like to sing her songs."

Madeline Hoffman,
second year
nursing



"Belle from Beauty and the Beast because she lives to read and sing."

Olga Krasovska,
second year
graphic design



"Aaddin, because I would ride around on my magic carpet with a bunch of girls."

Kamal Mahabadi,
second year
business management



"Seppie from Prosopie because I'm Italian."

Allen Silvestri,
second year
business management



Photo by Conestoga College

The hardware department of IT Services is located in Room 344-05. Piled with computer parts, this room is home to a number of student technicians. Above, Jay Olney, a first year information technology services student, fixes a computer.

IT Services gave the gift of computer upgrades over the holidays

By KATHRYN SHAW

How many times have you walked into a computer lab and not been able to find a seat, let alone a free computer? The labs at Conestoga College are always jam-packed with students working on assignments, surfing the web or just hanging out. It is obvious that computers are in high demand, and it is up to Information Technology Services to make sure that they are supplied.

"I really like working for IT Services," said hardware technician and marketing student, Jordana Perlin. "I've worked there for a couple years now as a student technician. My job consists of doing lab runs and fixing any computer hardware related issues. There is always a lot to do."

IT Services handles every thing computer related for all six Conestoga campuses. They supply, install and maintain computers, while

troubleshooting any technical issues that may arise. Surprisingly, both the hardware and software departments are staffed mostly of student technicians. Consisting of 14 student employees, the hardware department also deals with printers, digital video cameras and networking. They also offer technical support on the Conestoga web page.

While students and faculty were away for the 2010-2011 Christmas break, IT technicians were working hard on upgrading our computers.

With our classrooms and computer labs filled with our desks, it is difficult for the departments to make any major changes. This is why

the most drastic of updates are done when students are away for the holidays. While students and faculty were away for the 2010-2011 Christmas break, IT technicians were working hard on upgrading our computers.

Christina Bailey, of the hardware department, explained that there was a lot done over the Christmas break. "Lectors were installed and preventative maintenance was done in labs" she said. "Inventory procedures were still upheld, as most of Conestoga staff were in the campus over the holidays. Network runs were run and printers were serviced. There were also some computer upgrades done."

IT Services had their work cut out for them this year. With many upgrades completed over the holidays, both students and faculty will definitely notice some changes in the computer labs.

Us-French know



Bele Conestoga, you could be our next respondent!

What's new with security?

By **SARAHANNA ROBERTSON**

There have been a lot of changes in safety and security services since Don Wilke came on board as the director. Updated technology and a fresh attitude have made security more efficient and still more approachable. A new camera system makes surveillance a breeze. It's a matter of pointing and clicking, for security to look back at a specific time on a certain camera. On the computer, time lines show when there's motion on a camera, and when you're watching footage, it auto-slips to the next time bar.

"You can watch these with out having to scan through five hours of camera," said Chris McGeehan, a security specialist.

Don still has some of the old cameras, which had to be wired back to the video monitors, a very expensive process for cameras on the other side of the school. The new cameras are plugged into an IP system and internet wirelessly. This has allowed cameras to be put outside on the porch.

The more involved we are, the more people know we're here and what we do.

— Don Wilke, Safety and Security Services director

At the Ingersoll campus, when an alarm goes off, Don's computer automatically pulls up the camera at Ingersoll. Don is in command, but he has remote control for all the cameras.

The new technology doesn't end there. "There's also installed a Bluetooth digital and emergency communication system. Before, security had an way of communicating with the student body or others. Two and a half years ago, Ingersoll started for campus security allowed them to install the new communication system.

"We have the ability to keep right where we need to use as a message," said Wilke. If the school needed to be locked down, he could page some classrooms and tell them to evacuate the building and page others, in case of possible danger, and tell them to stay put. Or, if he had the same message for

everyone, he could make an announcement to the entire school. He can even page other campuses.

"What's the most important thing you need as an emergency?" asked Wilke. "Communication."

They also started a bicycle unit two years ago. Each spring, the system security guards are given training in defense, biking, breaking and riding.

"You don't want to wipe out and suddenly you're the other first-aid call," said McGeehan. Bicycles can cut through parking for traffic jams and go on the paths. They usually travel in pairs for safety reasons. During the summer, security team to always have the bicycle unit.

They shift guards have been added to the center at the Waterloo and Guelph campuses. Previously, they only had security there from 8 p.m. until midnight, but now they're increased from 7:30 a.m. through to midnight. It's through the campus look down and the cameras and cameras are left to keep an eye on those times. Has guards on campus 24 hours.

Security guards are hired from Waterloo, Collège de l'Estrie and are given plenty of site specific training so they can deal with anything that would crop up at the college. They're given extensive training and taught how to deal with demands.

"It's the last year or so we've tried to get more of an information up to ensure total systems," said Wilke. They have programs to replace some safety tips to people who may not be accustomed to appropriate social interactions in Canada, with tips such as not going out your home address.

Being respectful is important to Security Services, so security staff and even the people who participate in the walk-with programs watch the Respect rules. Wilke's goal has been to maintain positive communication with CSD and is involved with all of the College's community.

"The more involved we are, the more people know we're here and what we do," said Wilke.

With higher enrollment numbers and new technology, Security Services is always kept busy, but, as Wilke said, "It's a good busy."



Photo by MICHAEL COULT

James Hesse speaks during Rally for Rails on Dec. 6. The political blogger discussed potential jobs and how that a LRT system could have in the area and many other issues that could arise.

Rally for Rails supports new LRT system

By **ROBERT COULT**

A rally to support the construction of a light rail transit system in the region was held in December at Waterloo Public Square. About 100 supporters joined the first of a series of events to show their support.

"People have and I haven't heard people in support of LRT. Look at all of you" said Markham-Keele to a cheering crowd.

Keele is a representative of the Waterloo Students Planning Advisory and spoke of the rally as a behind-the-scenes city and college students in the region. He mentioned that the construction of a light rail system would mean the 20,000 students in the area.

"These students are putting up with expected buses on a daily basis," said Keele. If the funds for this massive project are secured, construction of the LRT is to begin in 2012. The system will be operational in late 2014.

The expected costs are over \$1 billion, with land acquisition costing 1500 million of that. Despite this large price tag, environmental supporters remain undeterred.

"When good things happen machines" said regional councillor John Hesse, who is a candidate for the area through the election.

Other speakers at the rally included Kathleen Hillier, Carol Zola, Councillor Angela Verth and NDP MLA Maing. All in support of the LRT.

Zola pointed out that with

the widening of Weber Street starting over \$12 million, as the end Capital Rail Transit will save the taxpayer's money.

The LRT was presented as both an effective and proven solution to the region's transportation issues. In 2011, 100,000 more people are projected to live in the area, making the new system absolutely vital.

"Imagine the number seven in last model 30 years from now," said Keele. The crowd applauded enthusiastically. Despite the protesters' seemingly total support of the LRT, opponents in opposition were

also present. They were produced by University of Waterloo professor Dr. John Woodward, who is in the Department of Civil and Environmental Engineering.

In his presentation, he points out that the Capital Transit would cost half of the proposed cost of the LRT and have lower operating costs. He also points out that the LRT will have limited stops and that by 2011 there will be more efficient than the LRT.

Supporters such as Zola remain optimistic. "We will have LRT in this community," he said.

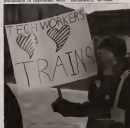


Photo by MICHAEL COULT

Several LRT supporters came out to Rally for Rails on Dec. 6 and showed a substantial, cheering and waving signs.

This was no Christmas special, it was my reality check

On the third day of December, a normal newspaper reader's house/eyes changed my outlook on life.

When I fill you in on what this "reality check" was, let me firstly tell you a bit about myself.

And so, this isn't one of those all-around profiles that begin with "I like long walks on the beach, reading up by the fireplace and playing on a college campus." Well, I actually do like those things, but I disagree.

I don't consider myself to be wealthy or affluent. You could say I'm a pauper. I find it difficult to say so to somebody.

I have a soft spot on my heart for poverty, people who have and what about. If I see a homeless person on the street or someone being cruelly or physically abused I'll ask myself, "why?"

Why do people physically or verbally attack others and how do some not do to home less?

Every time I see that I feel helplessness and I always want to know what the reasoning for them are. And so, I don't believe in God, pray each night nor do I believe in



Marcus Mathews
Opinion

find the meaning of life.

So the other day when I was previewing an event for SNAP K W on World AIDS Day, I had them, the changes. On that Monday, I did something as stupid, ignorant and selfish.

I had just finished work around 4 p.m., I was tired, in a rush and, of course, was doing home. Just like beer and vodka, laundry and doing that man.

I got caught doing my own mind later down a quick block. Tender Road, and got caught.

Then, after seeing people with HIV/AIDS with a few tree stumps, laughing and smiling, my spirit lifted. I had an enlightening conversation with a poor male who has lived with the disease for 18 years. I felt sorry for him, but I realized he didn't feel sorry for himself.

The conversation was an

eye opener. However, before it or not, that wasn't even my reality check.

I exited the building and, walked in my car, parked in front of a neighbor's garage. As I approached the car, I saw three old men running and yelling, "hey, do you have any change that fit for a dollar? Yeah, I'm homeless I have nothing left."

I didn't even think about helping my \$200. They came in and out and driving off in fear of loss nothing but. I took out my wallet and gave them all the change I had.

Maybe \$200 used to be my "good bless you" and "happy Christmas" several times. I then told him to hold on a sec. I unlocked my door and took out a newspaper and his brother I had filled with quarters, dimes, nickels and pennies.

He quickly put his hands together and I dumped stuff in all words of change. It was the least I could do. Actually, the least I could have done was tell him to get a job.

So looked at me and said "buddy, are you sure?" And you said I can't have that, you don't need to give" so if he thought I was going to take

a away from him.

Why? Why would I give him all the change I had and then take it away?

Maybe it's because he's used to having things taken away from him. His job, his house and maybe even friends and family.

I smiled and said no, you take it, buy yourself lunch and maybe Christmas.

We talked for a few minutes and he said he was homeless.

He was wearing a striped shirt, his coat he was wearing was old and he was up, he had a jelly belly and a jelly white beard like Santa Claus. He said he was a Christmas special doesn't it?

It was amazing, maybe. It felt out and I felt sorry for the man.

When I started with him I didn't ask why he was homeless, what he was wanting or what the heck he was going to do with my money? Support his drug habit perhaps?

No, I continued to talk to him and made my own way through for him simply open, more generously known, to keep eyes. I didn't know if he was high or what, but his eyes were lit up like a Christmas tree.

After you that, he walked away with a smile. I realized I dropped my backpack as I went back to get it. I didn't see him walking down the street and followed him for about a block.

He ran up to another man and asked for money. This guy didn't even acknowledge him. Probably I don't care what the man does with my money, all I know is he has been cruel to him.

I peeked my bag and then down him. About two minutes into driving, as I passed the author rode in city hall, I began to break down.

That is not of the ordinary for me, I'm usually calm and composed but I was in my car fighting back emotions. Why did I have so much feeling toward this homeless man?

The encounter was a reality check. At 18 years old, I feel tremendous pressure to figure out what I want to do and what I want to become. It's not just me, we all feel it.

I have finally realized my calling in life. It's something I will pursue in the future and look forward to doing. My new passion is giving back to the community and helping those in need.

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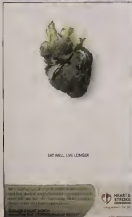
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Handing out a towel-day snacks students along with nutrition volunteer are, from left, Maritessa Pascual, Robert Pizzol, Roberto Hernandez and Matthew Pappas.

PHOTOS BY COURTNEY NIXON



First-year performers advised students from left, Andy Liberman, Danielle Wolf, Hannah Cella and Rayla Blair volunteered to dance in Group In Love by Beyonce during Healthy Study at Work.



Telling the students know the proper way to wash their hands, and promoting pack to fight water is April during Healthy Student Week were from left, Jordan Hoop, Jordan Dorey, Kevin Salazar, Benji Weller and Amanda Reiter.



During Healthy Student Week, from left, Sam Johnson, Ben Weller, Paolo Pizzol and Robert Pizzol talk about the benefits of yoga and stress.

CHILLING OUT IN COUNSELLING SERVICE'S STRESS FREE ZONE



Darlene Wilson, registered massage therapist, gives relaxed postural general business student Jermie Wright a massage in the stress-relieving zone at Student Press Café last Friday on Dec. 1. The zone included food, massage and an aromatherapy station where students could make their own bath salts.

PHOTOS BY ASHLEY IDEL



Dana Faggen and Shelly Frenco work the spoon salt station.



First year marketing students Felicity Jolyer, Anthony Maitre and Mona Yaloub wait in line for massages.



Kenna Skysdale, an SPSU, helps a Cambridge student relieve stress with a self-massaged massage. Mass massage sessions were offered as part of the daylong event.

CSI Idol tryouts happen next week

By LAURA PERRETT

Cambridge Students Inc. is getting all Cambridges who decide to flex their vocal cords at this year's CSI Idol tryouts.

The tryouts will be held Jan. 17-18 at Deon campus on the CSI office in Room 22-108. The CSI office is also where students can sign up for the event.

CSI Idol is also offered to students who want to try out at the Waterloo campus on Jan. 14 and at the Guelph campus on Jan. 22. Students can sign up at both campuses at their administration offices.

"These CSI staff members will be judging the tryouts," said Tom Horner, event co-ordinator for CSI. "The top six finalists will compete at Deon campus on Feb. 3 at 8pm."

"For the finale I like to get judges who are not part of CSI," said Horner, adding the grand jury consists from Student Life and a person who works for Chambliss. She is still working on a third judge for this year's competition.

The winner of the competition will go on to compete against other colleges for provincial Campus Idol.

This will be Cambridge's seventh CSI Idol. Last year Katherine Lapina, a third-year student, won the competition and an \$800 prize.

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Cambridge enforces new bylaw

Idling your vehicle in an anti-idling zone could cost you \$40 fine

By Emily Ferguson

Named Canada's first "Smart City" for smart management, this fall, the City of Cambridge is hoping after a year of educational campaigns, its citizens will also be smarter — about idling their cars.

An anti-idling bylaw was put in place Dec. 1, for the Cambridge area schools and around state-city schools. By anti-idling signs can be seen around these areas, indicating around city hall and the Farmers' market, with a \$40 fine for those caught idling for more than one minute.

Our approach of targeted zones at schools and the city hall... will help minimize health impacts, encourage conservative behaviour and improve air quality.

— Emily Ferguson

It is hoped this bylaw will reduce the negative effects idling has on the environment, as well as improve Cambridge citizens' air quality in those areas where people are health-conscious.

"We know that there is a great concentration of young people at the school zones and public events areas that are part of the designated areas in Cambridge, and we know that the rates of asthma are increasing in young people," said spokesperson for the City of Cambridge Linda Pappas. "Our approach of targeted zones at schools and the city hall is unique for a municipality and will help minimize health impacts, encourage conservative behaviour and improve air quality."

According to a Dec. 4 article in the Record, no fines were handed out in the first three days of the bylaw's enforcement. This should come as no surprise, after the extensive campaign to raise awareness of the bylaw in the past year, as well as the support from the schools and their students in reducing idling.

Although many zones have anti-idling bylaws, including the City of Waterloo as well as Cambridge, at the present time there has only anti-idling educational campaigns.

The issue of reducing a fine is where this idea was brought to Cambridge city council's attention by the Cambridge Environmental

Advocacy Committee. Local schools and their boards offered support during the education and development process to put this bylaw in place. It is hoped that other areas in the area will follow Cambridge's example.

"As the local government, we are focused looking at the needs and increased benefits for our community, but we consider the many other municipalities that have already helped to contribute to the overall environment in this beautiful city," Pappas said.

There are currently about 50 municipalities in Ontario trying to get back on idling, but still many people remain attached to the idea that they need to idle their cars, especially in the winter months.

It was mentioned in our thoughts they are needed to run our vehicles about 10 minutes to fully warm up the engine, with new technology and electrical components, this is not so, Pappas said. "That message needs to be conveyed to change our ways that cars have a problem after the car is cold and cold starts."

The citizens' concern about the environmental cost came at the bottom of a long list of worries about profits, corporations and financial difficulties.

First-year general business student Kyle Deane said, "I never used my truck, but this was mainly because of the cost of gas. I am aware of the effect of idling on the environment, but it wouldn't be my first thought, because of our jobs or factories that could take the initiative to reduce greenhouse gases by the hundreds of cars at a time, but don't, because they are responsible to us."

For students like Sarah's thought of the effect idling their vehicles can have on not only the environment, but also those around them, education of the matter is essential. After learning about Cambridge's bylaw, Deane wondered why his father had no such rules to us.

"I am completely for this bylaw," he said. "It can not only save money or when not idling and while being in the winter or in the summer, if you need to be warmer or not cool the more than five minutes, you should be able to get up and go inside somewhere nearby."

"Or people can just get better time management skills and time that they spend idling, as there's no need to idle in the first place."

Idling while in a drive there instead of walking into a



Photo by Emily Ferguson

Although idling in Cambridge is being tried if they idle their vehicles in school zones for more than one minute due to it is not bylaw, the drivers of these cars idling out from Cambridge College is Nicholas have no such fine.

restaurants or where you will not front of a mall is not possible by law. But it is hoped the bylaw can bring awareness about the effects idling anywhere can have, and not reduce this as well.

"There are solutions to the

overall goal, and while they are not part of this bylaw, the educational campaign addresses many of these solutions," Pappas said.

"These community events that we repeat, explore and

share of our 'green philosophy.' We encourage the reduction of greenhouse gases for our many infrastructure projects this year."

"We are very proud to be home to the smartest city hall in this country."

Councillor's Corner

Welcome from Counselling Services



To those students who are beginning their college career at Conestoga, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus.

We encourage you to take advantage of the many services that Counselling Services have designed to help you be successful! Professionally trained counsellors can help you resolve barriers that stand in the way of you reaching your educational goals. Arrange to see a counsellor if you have academic or personal concerns during your time at Conestoga. Groups and workshops are offered for such issues as performance anxiety, stress management and relaxation. Counselling is free, voluntary and confidential. We can also refer you to other College and community resources that can help.

To those students who are returning for another semester of study, welcome back! We hope the coming term provides fresh ideas and challenges, new friends and activities and brings you closer to your academic goals. Come and see us in Counselling Services if we can help in any way.

Counselling Services: 14101
Student Life Centre

www.conestoga.ca/counselling/

BE PREPARED FOR THE FLU SEASON



PHOTO BY LISA ROBERTS

Diana McCallin, a fourth-year BScN student, gives Brian Brinkley, a third-year BScN student, the flu shot on Dec. 2 in Room 2024 at Conestoga College's Owen campus. Conestoga College held four clinics throughout December: two at Owen campus and one at the Waterloo and Cayuga campuses. Brian McCallin, a nurse at Conestoga College, said there was a really good turnout in December and it there is still a high interest in getting a flu shot there there will be more clinics in January.

Snow means no parking

By SAARAH BOWEN

As a reminder for students who are returning to their Brinkley and Waterloo student housing this year, all vehicles parked on city roads throughout will remove a ticket and may be subject to towing. Parking between the hours of 2:00 a.m. and 4 a.m. is prohibited.

During snowfall the City of Kitchener bylaw staff will

ticket and may tow vehicles that are interfering with snow removal. The ticket amount for vehicles parked on the side of the road during snow removal is \$250.

The bylaw stated that it must will continue to block 21. To avoid a ticket leave your vehicle at your house and take a taxi or bus, or make sure there is room for your vehicle in a proper driver way.

Technology makes sex way too available

Something is really different about the way teenagers are today and the way they were when my mom was 16. Growing up with sex and technology was the fact that both are so easily accessible plays a huge part in the growing differences between teens now and teens then.

The Internet has been a blessing and a curse for many of us because it has advantages that make our lives so much easier but at the same time it tends to complicate everything. I'm talking about social networking and the ways in which people are constantly online.

In the '60s, if a woman went "all the way" with a man, she was severely frowned upon. Today, it's casual, commonplace and seemingly acceptable. I believe this has to do with the advances of social media and the horrible influences that exist today. The media sets us up to believe that sex, before marriage, is just something that you do. It's not a big deal. A big problem is how easy it is to get involved with someone without knowing them at all.

Erin Foran
Opinion

Facebook gives people the opportunity to find someone they may have just met and connect them as well as add thoughts and feelings to a picture. Often, Facebook profiles give the false impression of knowing things about people that are totally inaccurate to have your personal information laid out for everyone to see.

People will put anything on the Internet without really thinking about the consequences. Many of us are completely oblivious to how many people are able to see these comments. A huge number of employers these days will look up potential employees online and you may be surprised how much they may be able to learn through your Facebook profile.

A recent Toronto Star interview was held with Amanda or Lynn (name), who filmed the documentary entitled it's a Teen's World. World for

Sex, Love and Power. Tracy Glicker talks about how sex, early technology and culture growing up have affected her behavior.

"Kids today are growing up on a steady diet of reality TV that's far from real and that pushes sexual stereotypes — mostly male violence, porn on the Internet, young girls behaving badly — and it has an impact on the way they relate to each other," said Glicker. "It has created a culture where sexual groups sharing and having a professional have on the Internet is what makes you cool and acceptable."

"It has created a culture where sexual groups, sharing and being a professional have on the Internet is what makes you cool and acceptable."

"If I had it my way, I think I'd prefer to grow up back in the '60s where these things weren't everywhere. You had

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Bookstore works hard to benefit students

By **RACHAEL HERRERA**

With a new January semester often comes a new list of required books and supplies, and some students are finding this stressful.

"The expense can vary too much — I can't afford to be spending \$1000 on a text book," said Collin Chapman, a student at Cerritos College's advertising program.

But the start of a January semester also brings forth some new opportunities and an occasional sense of comfort that some students have been able to use to their advantage.

According to Quinn Matthews, a second-year advertising/promotion representative at Cerritos College's bookstore, "It's often a big push by students to get their books at the beginning of the semester semester that by the January semester, students have developed both a sense of comfort and an awareness

that they have a little more time to go in and get their books, and by postponing their textbooks and supply purchases, they're able to avoid the rush that often accompanies the first few weeks of a new semester.

"We try to offer pricing that's realistic for them (students) and convenient as well," said Matthews.

In addition to its reasonable prices, the bookstore has a variety of sales throughout the semester: its last supply and staff sale was on Dec. 5, and now that its focus on Christmas merchandise is through, some more general sales will likely take place in the spring.

Students who haven't found money to be an issue are likely to be the bookstore's same ones, not financially surprised such as items made from recycled plastic bottles and more that are available. According to Matthews, these are some of the bookstore's most recent adds.



Quinn Matthews, a second-year advertising/promotion representative at Cerritos College's bookstore.

Cerritos College's bookstore, Quynn Matthews stands in front of some of the store's new merchandise.

tion. The bookstore is presently trying to be a little more aware of what the students want, but for the most part, it tends to stick to selling

what the students continue to buy. Books, clipboards and writing utensils are presently the most popular supplies, and the store has sold twice as many clip-

boards this year as last year.

The bookstore is located in the A wing and is open from 8 a.m. to 5 p.m. Mondays through Thursdays, and 8 a.m. to 4 p.m. on Fridays.

Familiar faces will dominate 2011 sports news

2010 has concluded but at least sports fans with a smattering of famous memories in February have three of the New Orleans Saints on a thrilling Super Bowl victory — New Orleans' first sporting championship since Hurricane Katrina ravaged the city. The Olympic Games will end in Vancouver and will be highlighted by Sidney Crosby's "golden goal" that clinched a double gold medal for the Canadian men's and women's ice hockey teams. And in the summer Spain was their first FIFA World Cup in South Africa, the first African nation to host the most viewed sporting event in the world.

It may be hard to match the excitement of an Olympic Games or a World Cup year, however, but here are three stories that should draw your sports headlines in 2011.

3 The return of Tiger
In case you've been living under a rock, 2010 was a pretty painful year for Tiger Woods. The world's richest athlete had his life come crashing down when his wife Elin Nordegren filed for divorce having claimed of an affair as a direct statement. A slew of negative media attention started as Woods stumbled on the worst error of his professional golfing career.

Woods, 35, failed to win a single tournament during a PGA tour season for the first time since turning profes-



Tiger Woods
Opinion

sional in 1996 that strategy is just under five years a season. His lasthole play, only two top-10 finishes, was enough for him to lose his position as the top ranked player in the world after holding the spot for a record fifth year.

Despite Woods' troubles on and off the course, Jack Nicklaus's record 18 Major Championship trophies remains a realistic goal. While we live in a player, the ROBERT N. GIPES, in memoriam because for playing virtually every day. The victory, his 18th Major, showed his determination, successful play and fitness, three traits that will be tried to revitalize the career. If he fails to win a major in 2011 it will be the first time in his career he lost four consecutive points without one. I can't see that happening. Expect to see Woods find his way in the offseason and return back to form to take at least one step closer to the Golden Bear in the coming year.

11 Kobe versus The King
Question: Where was Kobe Bryant when LeBron James announced "the decision?" Answer: Shooting his threes in the dark.

Yes, the phone went silent early on when LeBron James, the NBA's current MVP, went on national television to announce he'd be leaving his home state Cleveland Cavaliers to "take his talents to South Beach" and join his former teammate, Miami Heat. Bryant knew what it's like to be traded in 2003 for seven under market money when he was traded of leaving a 11-year-old pact in Cleveland. The change was later discussed but he admitted to second thoughts. Bryant, 32, has come back to the bad life change by leading the Los Angeles Lakers to back-to-back NBA championships. Bryant and James are the two most recent mobile basketball players in the world. The prospect of the two meeting in the NBA Finals has been discussed for the past 10 years and is dominating a new stadium. Bryant made only one change the chance of that being the year it happens.

While the Heat struggled out of the gate, a December Christmas of James' former Cleveland teammates has commonly ignited the clip. In Los Angeles Bryant has the Lakers steadily headed toward another run into late July. They are obviously realistically standing in the way of this dream matchup. The Magic, Celtics and Thunder come as well, but expect this to be the year the NBA finally gets its superstar rival Finals.

1. Lookout, lookouts and space lookouts

With the start of the 2010 NHL lockout still fresh in our mouths there are two competing work stoppages that could threaten the 1011 NBA and NHL seasons. Both leagues need to agree upon a new collective bargaining agreement but are far from coming to terms on one.

It's hard to believe that at the height of its popularity there could be an NHL lockout in 2011 but there is actually a strong likelihood that it will happen. NHL owners want to cut one of the current CBA that was signed in 2006 by former commissioner Paul Tagliabue. The owners are pushing to extend the cap for seven to 18 years and want players to take a pay cut. Owners believe the cut is necessary because they can't keep them to build and finance state-of-the-art facilities by themselves when they're helping partly or wholly subsidizing them used to be the norm.

Players believe an 18-year contract is the long and short to the owners to meet an extension that runs after only one of 2010 players under restricted contracts was agreed to on offer sheet in the offseason.

The key figurehead in the labor dispute will be our star at NFL commissioner Roger Goodell and NFL Players Association executive director DeMaurice Smith, who are known to have a rocky relationship. The two will be pore month in giving the two sides to agree on a new CBA before the current one expires in March 4.

NBA owners are also hoping for players to make sacrifices. The labor side will be focused on making trading, salaries, contract lengthening, salaries, annual raises and the media salary raise. Billy Hunter, the NBA player's association executive director, noted in a Nov. 29 opinion article, "Who's fault?" In the article Hunter claimed that no contract has been made after a pair of negotiations with NBA commissioner David Stern. Hunter said he's "98 per cent sure" there will be a lockout in the summer when the current CBA expires June 30. "If the labor side isn't back in and out they want to pull the red down on themselves, then they, here at it," said Hunter.

Here's hoping the two leagues don't come to that.

Polish club holds first event

By MARSHY HATHWAY

Conestoga College is home to several tournaments, the third most educational clubs (top of the chart) is the Polish club, which hopes to have students experience the passionate and historical culture.

The Polish club, which was established this year, has held various meetings but had yet to hold an event, that is until they hosted a volleyball tournament on Dec. 4.

There five official teams was an overall winner.

"I had an amazing time at the volleyball tournament, it was definitely a lot of fun," said first-year design communication arts foundation student Kelly Kucharski.

There are approximately 20 members of the club, not all of them showed up for a day of volleyball.

However, there were many non-Polish students who came out in support of the club which resulted in the event bringing in solid attendance numbers.

"So far we have a lot of interest from many different people, we have a lot more plans for next term," said Polish club treasurer and one and only accounting student Marianna Kucharski.

Event organizer and club president Tomasz Rasmiecki and vice president Karol Maciecha had their hands full prior to the event as they only had two days to prepare.

"It was really hard work."

We needed something to happen, we had no events this term so my family decided to go forward with it and we're really volleyball," said Rasmiecki.

Even with their intent, the two business students produced the event which resulted in a great turnout and a competitive volleyball tournament.

Rasmiecki added that the club put a lot of hard work and effort into running the event. Tournament attendance was 150 per person, the club received a lot of money for gym rental as well as their own gym cards that were awarded to the tournament winner.

The second-place team received a rubber animal prize. "I'm really thankful to the club for having me in this tournament," Rasmiecki said that they would have better plans for their next event.

The club has been hard at work ever since, planning more events for the semester. They have several ideas in the works such as a picnic (including Polish food) and many other fun events which will expose Conestoga students to Polish culture.

"I think this is a great club that will eventually allow students to experience their culture. I know there's working on more events and I think everyone is excited that there's something to do for everyone to enjoy," said Kucharski.

Rasmiecki said that due to



PHOTO BY MARSHY HATHWAY

Many students of all cultures gathered to have some fun at a volleyball tournament held by Conestoga's new Polish club on Dec. 4 at the net. From left to right: the event was organized by president Tomasz Rasmiecki, top right, and vice-president Karol Maciecha, bottom right.

Conestoga Students live, regardless they have not been able to share an official night, something they have been working on since the start of the club.

However, the club and C&S have been working together to provide the things in down one of the biggest job nights of the year.

"Our goal is to throw out half of a job night and expose

students to Polish culture," said Rasmiecki.

The club is also in the process of getting members of parliament. Stephen Woodward is a guest speaker in an upcoming event.

In Canada there are a large number of Polish immigrants and Polish Canadians. According to Statistics Canada, they make up 1.1 per cent of Canada's total

population.

Some recognizable public figures with a Polish background include the legendary Wayne Gretzky, musician star Lighting Boltie William Shatner and tennis sensation Alexander Wozniak.

The Polish club extends an outreach appeal to Conestoga for many years to come and is looking forward to an event-filled winter semester.

Conestoga's feathers ruffled by Fanshawe

By ANDREW REED

It was a battle of the birds. After three sets of hard-played volleyball, the Conestoga Golden women's volleyball team fell short after the Fanshawe Falcons outlasted the Golden of the Golden.

Home court advantage may have played a large role in the win as the Golden only managed to score a total of 47 points.

Conestoga's Amy Gaven led the team with 16 points and 16 digs and Fanshawe's Kristina Kelly led the Falcons with 16 points.

"We played well and we do

like some things we need to work on but that was a good game we played," said Fanshawe head coach Lloyd Rasmiecki.

Having an oval lead the whole game, Conestoga kept pushing for a comeback but the Falcons stayed a steady ahead making great defensive plays and keeping points quick and simple.

They played better than we today and they are a very good team," said Conestoga's middle blocker Chelsea Rasmiecki.

"Conestoga keeps getting better and better and the more they win that is but the play does," said Rasmiecki.

ROCK, PAPER, SCISSORS TAKEN TO A NEW LEVEL



PHOTO BY ANDREW REED

After an intense Rock, Paper, Scissors competition in the Sanctuary on Dec. 2, Mario Angles, a member of Conestoga Students Inc. (CSI), showed his second-year police foundation. Kelly Bahall, second-year technology foundation, Matt Givens, second-year police foundation, and Christopher Harniman, a member of CSI, ended a victory game. New placed first while Bahall took second and Givens finished third.